

W*E*L*C*O*M*E





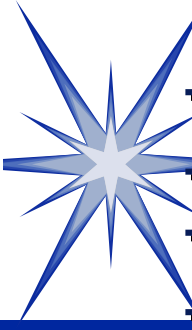
SAFETY, HOUSEKEEPING, ETC....

- EMERGENCY EVACUATION PROCEDURES
- ▢ REST ROOMS & PHONES (Cell phones/beepers)
- ▢ SNACK AREA
- ▢ SMOKING AREA (Outside)
- ▢ MEDICAL RECORDS - (Pick them up)
 - ▢ USAF Property
 - ▢ Entries/Purging
 - ▢ Maintenance



Today We Will Discuss...

- ▶ **Safety/Overview**
- ▯ **Society/Media Images of Substance Use vrs AF Policy**
- ▯ **Intoxicated Driving**
- ▯ **What's Your Drug IQ / The Club Drug Scene / Under the Influence II**
- ▯ **Administrative Consequences of Substance Misuse/Abuse**
- ▯ **Dorm Storm**
- ▯ **Family Dynamics of Substance Abuse**
- ▯ **Disease Concept & Medical Aspects of S/A**
- ▯ **Values/Goals**
- ▯ **Post Test/Critique/EOD Admin.**



INDIVIDUAL RESPONSIBILITY

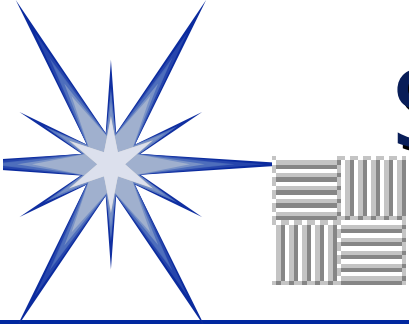
- ▮ AVOIDANCE

- ▮ Excuses
- ▮ Justification
- ▮ Rationalization

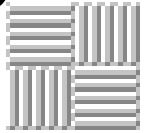
- ▮ OWNERSHIP

- Acknowledge
- ▮ Notify Command
- ▮ Don't Do the Crime...

- ACCEPTING INDIVIDUAL
RESPONSIBILITY



SUBSTANCE AWARENESS SEMINAR



- ▶ The challenge for you is to honestly evaluate the behavior or attitude which may have contributed to your being here today and to adjust your behavior to eliminate future problems.
- ▢ REMEMBER: The time to practice a new behavior is not at the moment you need it, but prior to needing to implement a change.
- ▢ Take what you need, share with others.

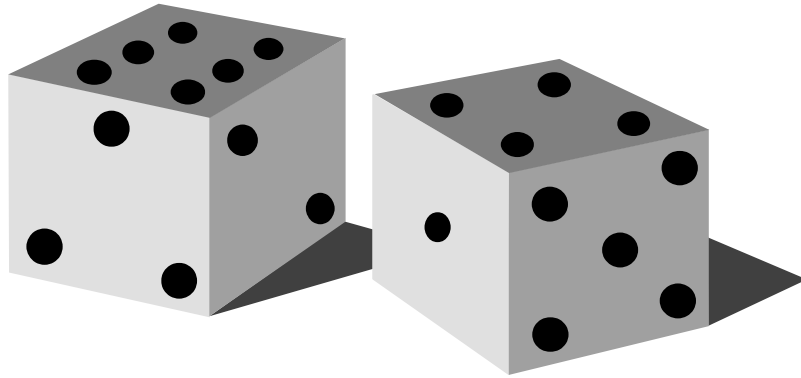


SOCIETY/MEDIA IMAGES

- ▢ Our Heroes
(Sports Figures)
- ▢ Commercials
- ▢ Pushers
- ▢ Peer Influences
- ▢ Drug Laws
 - ▢ Medical Marijuana
- ▢ Tobacco Ads
- ▢ Magazines
- ▢ DUI/DWI Laws
- ▢ Alcohol Laws
- ▢ How/where we grew up
- ▢ Parents' Views



The Media



- Traffic
- Less than Zero
- Leaving Las Vegas
- Blow
- Boogie Nights
- Studio 54
- Pulp Fiction
- 28 Days
- Up In Smoke



AIR FORCE POLICIES

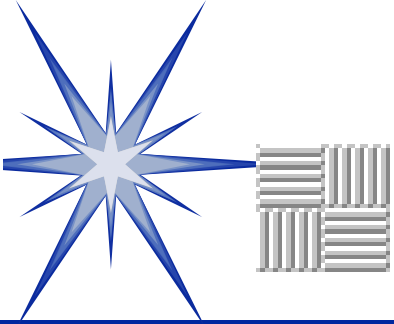
➤ DRUGS

➤ LPCP

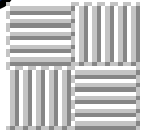
- ▢ DRUG ABUSE
- ▢ DRUG TESTING
- ▢ ZERO TOLERANCE
- ▢ Illegal or improper use is not tolerated
 - ▢ Breach of Discipline
 - ▢ Not Compatible
 - ▢ Jeopardizes Service
 - ▢ Can lead to prosecution
 - ▢ Hemp seed oil products
 - ▢ Steroids

▢ ALCOHOL

- ▢ Encourage Self ID
- ▢ Alcoholism - Disease
 - ▢ Non-compensation
- ▢ Encourage Responsible Use of Alcohol
 - Good Judgement
 - ▢ Adhere to the Law
- ▢ Alcohol Abuse
 - ▢ Substandard behavior or performance

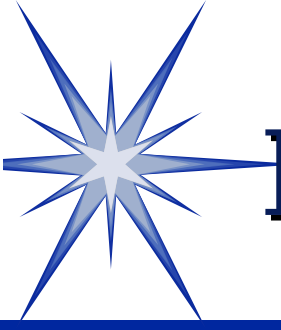


SUBSTANCE AWARENESS SEMINAR



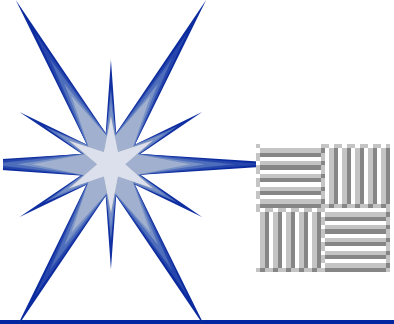
► INTOXICATED DRIVING



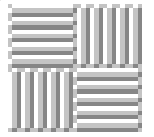


LEGAL CONSEQUENCES

- DUI (.08% and above)
- DWI (below .08%)
 - On base/off base
- UNDERAGE DRINKING
 - Legal age is 21
 - On base or Off base
 - .02% BAC

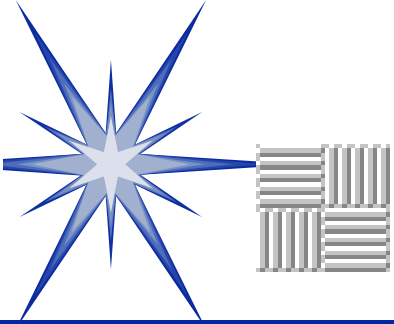


SUBSTANCE AWARENESS SEMINAR

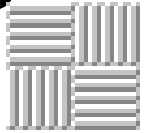


- MSgt Lutzow, HQ OSI
- STANDARDS
- ▢ LEGAL &
ADMINISTRATIVE
CONSEQUENCES
- ▢ INDIVIDUAL
RESPONSIBILITY

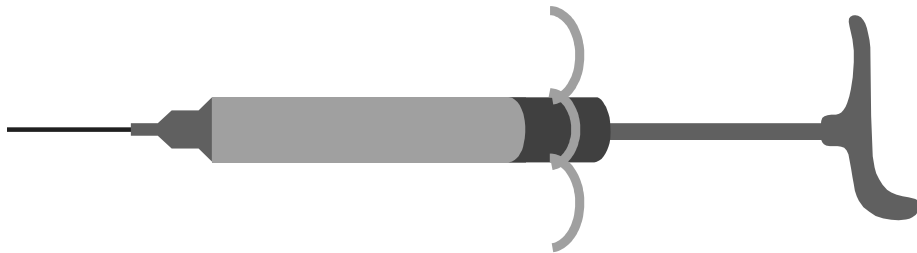




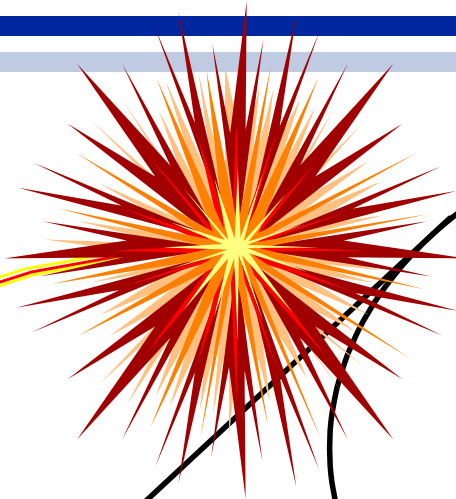
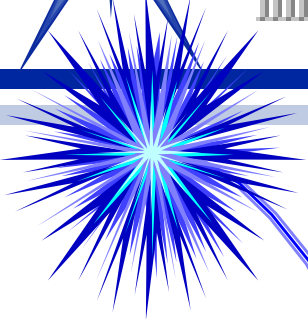
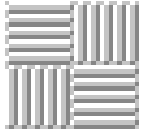
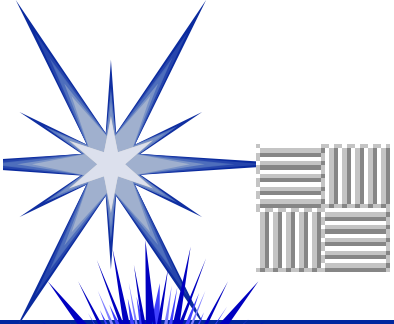
SUBSTANCE AWARENESS SEMINAR



□ FAMILY DYNAMICS OF SUBSTANCE ABUSE



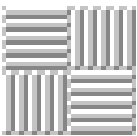
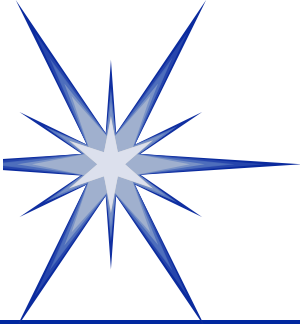
SUBSTANCE AWARENESS SEMINAR



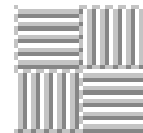
LUNCH
TIME

1145-1300

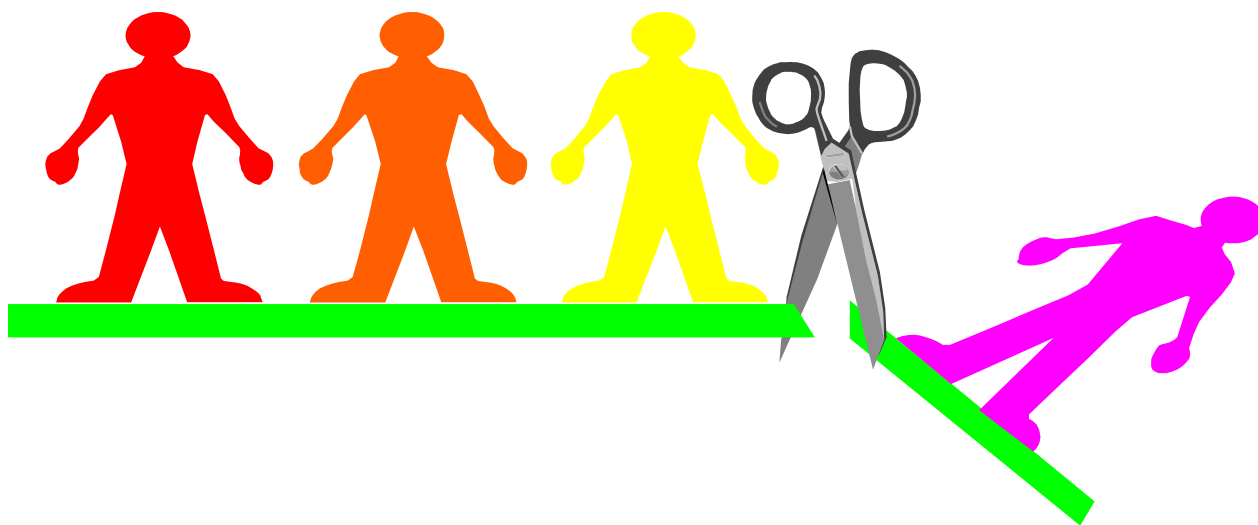




SUBSTANCE AWARENESS SEMINAR



FAMILY DYNAMICS MSgt Vargas

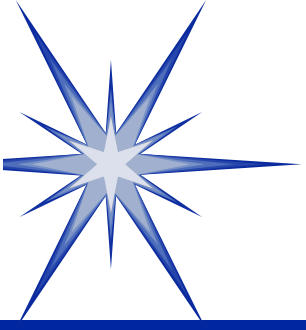




UPPERS, DOWNERS & ALL AROUNDERS

- Ask yourself this question.
- How has my use of substances positively impacted my life and the lives of my family?





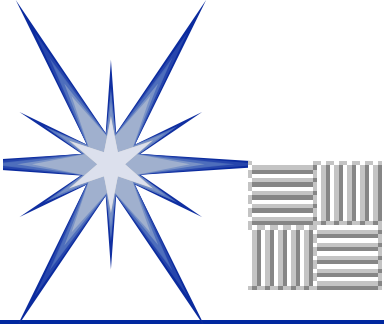
AREAS OF IMPACT

➤ ON SELF:

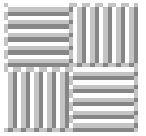
- Leisure
- ▢ Quality of Life
- ▢ Relationships
- ▢ Health
- ▢ Your Mindset
(what do you tend to focus on -- listen to yourself)
- ▢ Others

➤ ON OTHERS:

- Severed/Damaged Relationships
- ▢ Physical Abuse
- ▢ Verbal Abuse
- ▢ Hurt Feelings
- ▢ Disregard/Disrespect for Others (ie peace, privacy, etc)
- ▢ Others

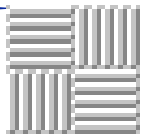
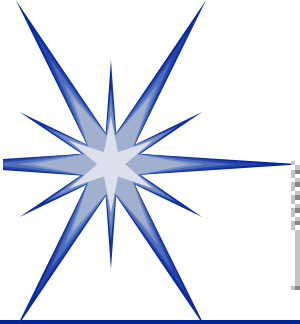


SUBSTANCE AWARENESS SEMINAR

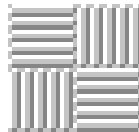


IMPACT OF SUBSTANCE ABUSE ON SELF AND OTHERS

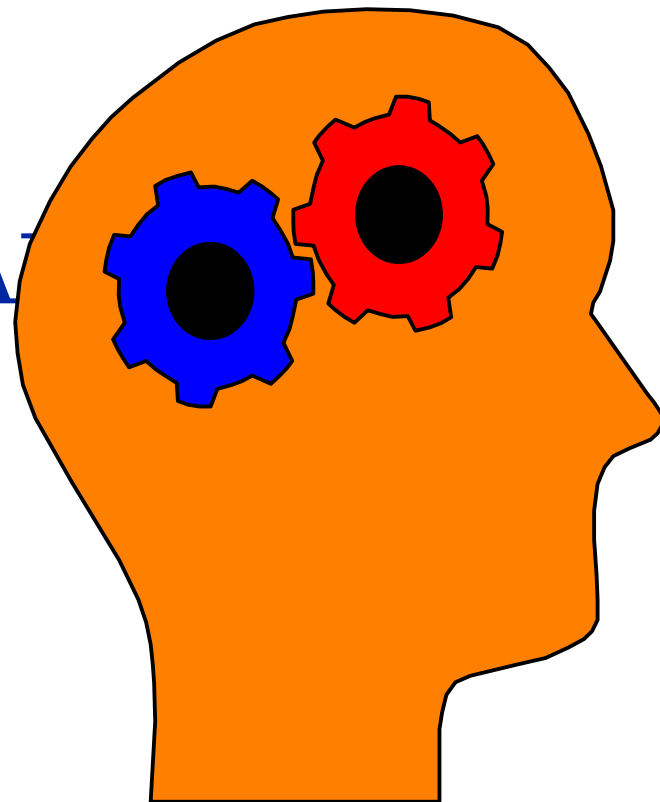


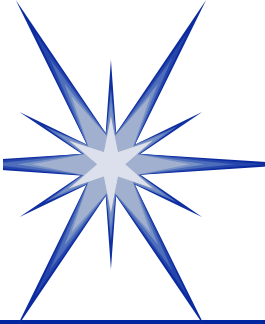


SUBSTANCE AWARENESS SEMINAR



BIOPSYCHOSOCIAL MODEL OF ADDICTION





Biopsychosocial Model

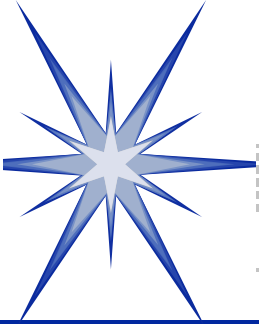
- Disease Concept
 - ▢ Dr. E. M. Jellineck
 - ▢ Over 100 signs & symptoms
 - ▢ Not all symptoms are necessary for diagnosis
 - ▢ Not everyone experiences disease alike
 - ▢ Progressive
 - ▢ Treatment is not easy



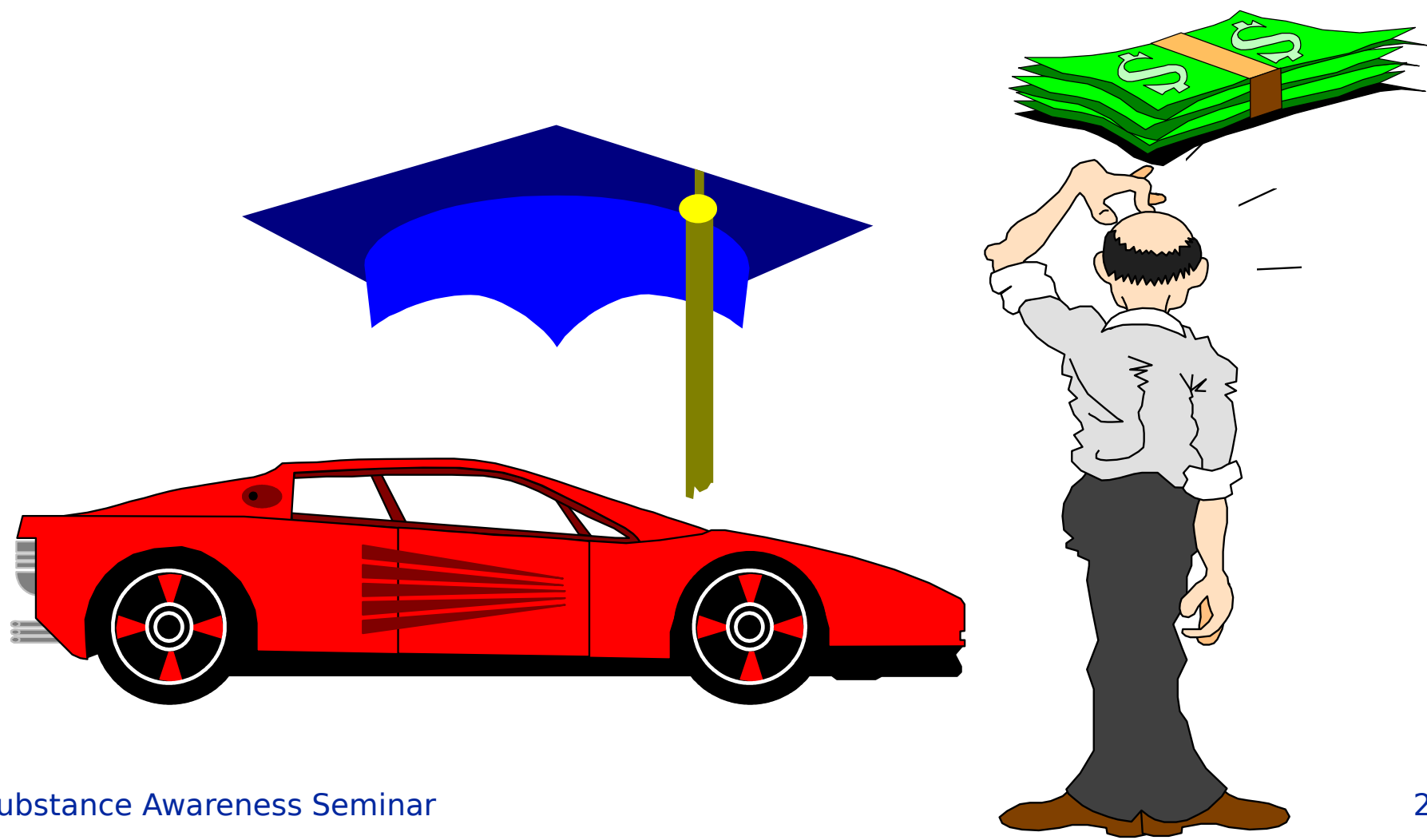


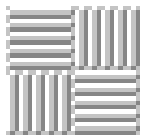
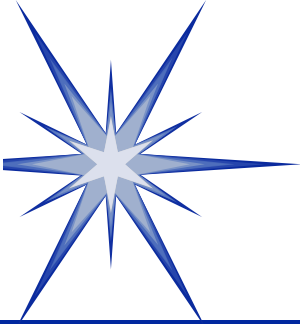
EARLY SYMPTOMS OF A SUBSTANCE ABUSE PROBLEM

- ▶ Tolerance $\neq$ Loss of friends
 - Blackouts $\neq$ Legal problems
- ▶ Urgency $\neq$ Loss of job
 - Feel guilty $\neq$ Money problems
 - Secret drinks $\neq$ Health problems
 - Relief drinking Cover ups

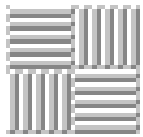


VALUES CLARIFICATION AND GOALS



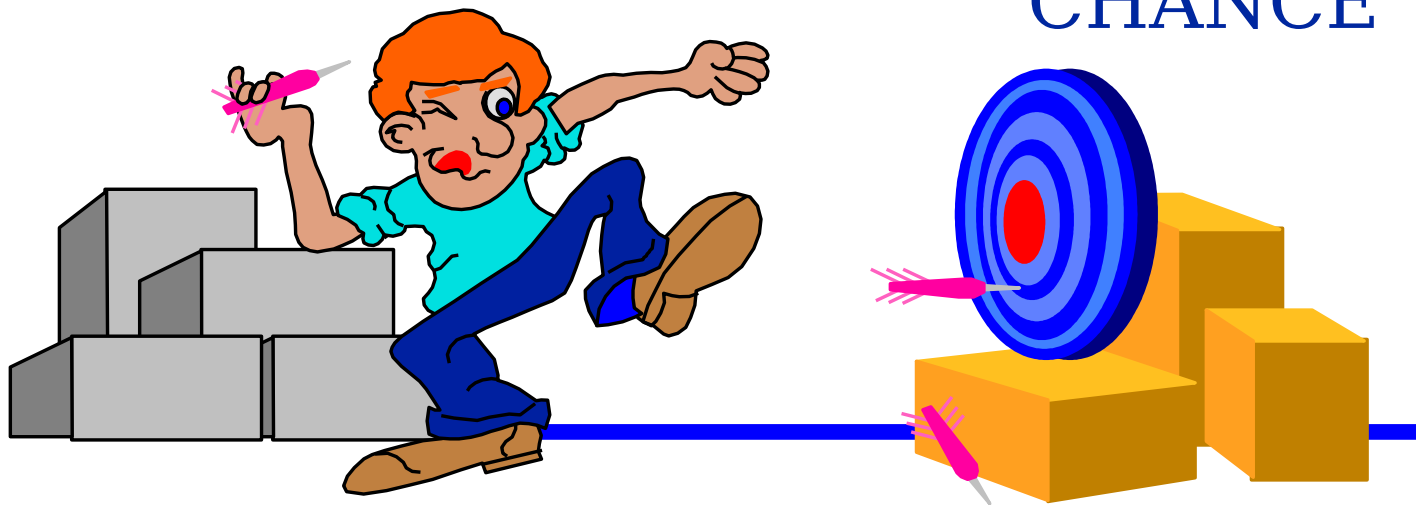


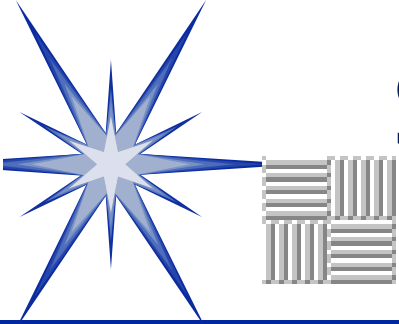
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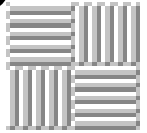
► DECISION MAKING: PLANNED
OUTCOME

OR
CHANCE



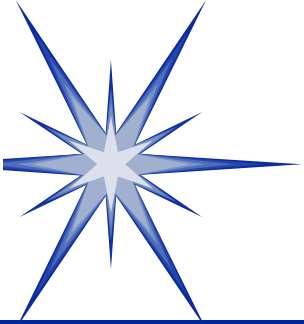


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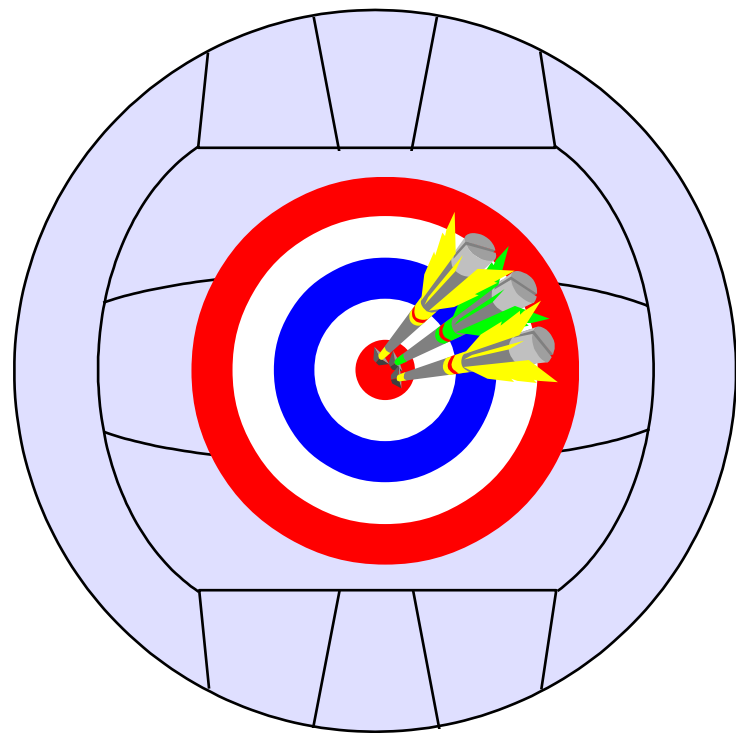
□ GOAL SETTING

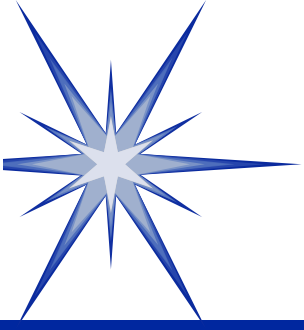
WHAT
DIRECTION
WILL YOU
TAKE



GOAL SETTING

- REALISTIC
- ATTAINABLE
- MEASURABLE

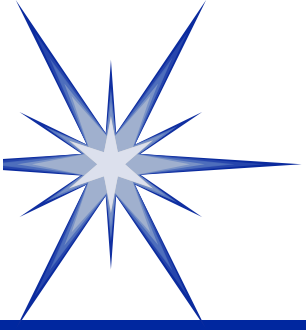




Today We Talked About...

□ **SUMMARY:**

- ▶ SOCIETY/MEDIA VRS AF POLICY
- DUI/DWI
- ADMINISTRATIVE CONSEQUENCES OF SUBSTANCE
- DRUG IQ & CLUB DRUGS
- FAMILY DYNAMICS
- IMPACT OF SUBSTANCE ABUSE ON SELF & OTHERS
- MEDICAL ASPECTS OF SUBSTANCE ABUSE
- VALUES & GOALS



THANK YOU

- If the ADAPT staff can be of further assistance to you please don't hesitate to contact us at (240) 857-8950/2966/8957